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Ken a bay cu Bhaiya su smile?

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Level 4



Bhaiya y Chiru tabata hunga cu otro tur ora bay. Nan tabata explora cueba bou di trapi y lucha cu *aliens* den e mata di mango den cura patras.



Bhaiya tabata pone Chiru hari. "Mangasura ta di planeta Mars y e ta bin destrui bo cas! Haha!", Bhaiya a grita na harimento.

"Aaaaah! Mi lo pone un trampa pa Mangasura y gulie manda abou. Bwahahahaha!", Chiru a bisa.

Pero ta basta tempo pasa cu Bhaiya y Chiru a hunga cu otro. Bhaiya no kier hunga cu ningun hende ultimo tempo!

"Dicon bo no tin gana di hunga?", Chiru ta grita Bhaiya.

"Mi no kier", Bhaiya ta bisa. "Mi no por baha e monster grandi for di mi lomba."





Chiru a duna e monster e nomber di Dukduk.

"Dukduk sigur ta gemeen y fastioso", Chiru ta pensa. "Mi ta sinti mane el a guli Bhaiya su smile."

Parce cu Dukduk semper ta hunto cu Bhaiya. "Bisa bo monster pa e bay pa caba! Mi no gust'e", Chiru ta keha.

Tin ora, Dukduk ta crece bira mas grandi cu un truck. Riba dianan asina, Bhaiya ta rabia pa tur cos. E ta hasta kauw su cuminda cu rabia!





Mama ta kere cu e sa con pa laga Bhaiya sintie miho. "Lo ta bon pa bo sali bay cana. E aire fresco lo haci bo curpa bon", Mama ta bisa.



Tin dianan Dukduk parce di tin Bhaiya den su gara. E no ta ni laga Bhaiya lanta for di cama.

Papa ta keda check con Bhaiya su beis ta y e ta splic'e con e por drech'e.

"Ki pasa bo? Dicon bo no ta come bo cuminda?", Papa ta puntra. "Come bon y bo problemanan lo bay."





Tin dia cu Dukduk ta chikito y ta flota na laira manera un fli. E ora ey Bhaiya ta lanta for di cama y ta hunga cu Chiru. Pero e ta cansa lihe.



Padu cu Madu ta splica Bhaiya kico falt'e. "Hombo, boso muchanan cu boso problemanan. Tempo di mi tempo, nos tabata mas duro!", Padu ta bisa. "Boso atencion ta plama tur caminda", Madu kiermen.


"Tur cos ta den bo cabes. Djis fiha bo mente y lo bo sali for di dje", tur hende ta keda bisa. "Mi lo purba", Bhaiya ta bisa. "No ta dje facil ey."



Chiru ta purba distrae Bhaiya.

"Wak e buki nobo aki, Bhaiya! E plachinan ta bunita, no?", Chiru ta bisa.

"Nan ta basta bon, Chiru", Bhaiya ta contesta.



"Bhaiya, b'a wak e set di trein nobo aki?", Chiru ta grita.

"Leuk", Bhaiya ta bisa.

"Mangasura t'ey! Core, Bhaiya!", Chiru ta sclama.

"Awo no, Chiru. Mi no tin gana di hunga", Bhaiya ta laga sa.





"Dukduk ta pon'e bira tristo y rabia", Chiru ta pensa.

E ta tira su cusinchi riba Dukduk. "Tuma, monster mahos! Keda leu di Bhaiya, b'a tende? Dun'e su smile bek."



Bhaiya ta haci aña awe. Chiru a traha un bolo.

"Danki, Chiru", Bhaiya ta smile cu ne.

Chiru ta frons wenkbrouw. Bhaiya su smile ta ful otro den e dianan aki.



Chiru ta sinta banda di Bhaiya. "Bo amigo nobo ta pone bo sinti tristo?"

Bhaiya ta bisa si cu su cabes.



"Mi kier ta contento, pero mi tin cu traha duro p'e casi tur dia", Bhaiya ta splica.

"Cuanto tempo bo ta kere bo amigo ta bay keda?", Chiru ta puntra.

"Mi no sa", Bhaiya ta contesta.

"No worry bo", Chiru ta bisa. "Nos por hunga ki ora cu bo kier."

Bhaiya su smile ta di dje mes, esun di custumber. Dukduk ta bira mas chikito.



Awo Bhaiya ta hasta haya ayudo di Tanchi Dokter.





Dukduk t'ey ainda. Leu leu e ta grandi. Chiru ta warda trankil pa e dianan ey pasa. Mayoria biaha Dukduk ta chikito y e ora ey Bhaiya gusta hunga.

Dukduk = depresion



Ora bo kibra un brasa of bo tin tosamento, bo ta tuma remedi pa bo sinti miho. E cerebro, mescos cualkier otro organo, tin bes por bira malo y mester cura.

Tin ora nos ta sinti nos tristo. Nos ta yora, nos ta den mal beis y nos ta rabia, pero e momento ta pasa y despues nos ta sinti nos miho. Ta normal pa sinti tristesa tin bes.



Tin di nos ta sinti un tristesa cu ta keda largo. E cerebro ta yuda nos pensa, actua y sinti. Ora nos ta tristo tur ora, esey ta cambia nos comportacion. Nos no tin gana di haci nada. Nos ta sinti manera ningun hende no ta worry cu nos. Bo por sinti manera un monster pisa ta sinta riba bo. Bo por hasta sinti manera e monster no ta bay nunca mas. Nos ta yama e mosnter aki 'depresion'.



Si acaso bo topa un hende cu ta mustra tristo sin ningun motibo, papia cu ne. Bis'e cu kisas bo no sa con e ta sinti su mes, pero cu bo por wak cu e ta pasando duro y bo kier yud'e. Si ta bo mes cu ta sinti asina, papia cu bo amigonan y bo famia. Ta bon tambe pa papia cu un hende manera un psycholoog of un psychiater.





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(Papiamento (Aruba))

Bhaiya no tin gana di hunga ultimo tempo. Ta posibel cu ta pa via di su amigo nobo, e monster Dukduk, cu no ta lag'e na paz? Niun hende den su famia no ta tuma Bhaiya na serio. Pero Chiru sa cu tin mas su tras. Un storia tocante e consecuencianan di depresion cu no ta kita facil.

This is a Level 4 book for children who can read fluently and with confidence.

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